

Diabetic Holiday Recipes



Nutrition Management Department
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Roast Turkey with Herbal Rub

- 1 13-pound WHOLE TURKEY fresh or thawed
- 1 Medium Onion quartered
- 1 lemon quartered
- ¼ olive oil
- 1 Teaspoon dried thyme
- 1 Teaspoon dried tarragon
- 1 Tablespoon dried rosemary
- 1 Teaspoon salt
- ½ Teaspoon freshly ground black pepper

1. Remove giblets and neck from turkey and reserve for broth. Rinse turkey with cold running water and pat dry with paper towels. Place onion and lemon quarters in neck and in body cavities.
2. In a small bowl, mix oil with herbs, salt and pepper. With your fingertips, gently loosen skin from the breast without pulling off the skin. Place 1 Tablespoon of herb mixture under skin; replace skin. Rub cavities and outside of turkey with remaining herb mixture
3. Secure the neck skin to the back with skewers. Fold wings under back of turkey. Place legs in a tucked position. May be prepared to this point, covered and refrigerated for several hours.
4. Place turkey, breast side up, on a rack, in a large shallow (no more than 2 1/2 inches) deep roasting pan. Insert an oven-safe thermometer into the thickest part of the thigh, being careful it does not touch the bone

5. Cover bird with loose tent of foil. Roast turkey in a preheated 325°F oven for about 2 ½ hrs. Remove foil and baste bird with pan juices. Continue to roast for about another hour until meat thermometer registers 180 degrees F in the thigh.

6. Remove turkey from oven and allow to rest for 15-20 minutes before carving. Transfer to a large platter and serve with gravy. Note: Yields 18 servings at 6 oz per portion

Calories: 376, protein: 47 g, sodium: 230 mg, Cholesterol: 138, Fat: 19 g, Carbohydrate: 1 g

Low-Fat Turkey Gravy

¼ cup cornstarch

¼ cup water

4 cups turkey broth and defatted pan juices (see below)

salt and pepper

1. In a large saucepan, over medium heat, bring turkey broth and pan juices to a boil.
2. Meanwhile, blend until smooth the cornstarch and water
3. Whisking constantly, slowly add the cornstarch mixture and continue stirring until the gravy is thickened.
4. Season to taste with salt and pepper.
5. Provides 16 servings at ¼ cup per portion

Note: to defat pan juices, pour poultry drippings into a glass measuring cup and refrigerate until the fat solidifies. Remove the fat layer and discard.

Calories: 12, protein: 1 g, sodium: 10 mg, Cholesterol: 0 mg, carbohydrate: 2 g

Cranberry Sauce

2/3 cup water
2 cups cranberries (8 oz)
24 Packets Equal
or 7-1/4 teaspoons Equal
Measure

1. In medium saucepan combine water and cranberries. Bring to a boil and reduce heat. Boil gently, uncovered, over medium heat for 8 minutes; stir occasionally. (Skins will pop).
2. Remove from heat. Mashed slightly. Stir in Equal. Cover and chill. Served chilled as accompaniment. Makes 1 1/2 cups (13, 2 TBS servings).

17 kcals, 0 g pro,
4 g carbohydrate, 0 g fat,
0 mg cholesterol, 0 mg
sodium. Diabetic
Exchange: free food

Candied Yams

6 medium yams, boiled in
skins until tender (about
20-30 min)
1/3 cup raisins
1 Tbsp brown sugar
3 Tbsp Sweet and Low
2 tsp cinnamon
1 tsp nutmeg
ground cloves to taste
1/3 cup low-fat margarine
1 cup cold water

1. Preheat oven to 350 *F. Cool yams, peel and slice lengthwise. Place the yam slices in a covered baking dish. Sprinkle the raisins over the yams
2. In a separate bowl, mix the brown sugar, sugar substitute, and spices; sprinkle over the yams. Dot with margarine and add water.
3. Cover and bake for 30 minutes. Remove cover and bake for another 15-20 min

Candied Yams (cont)

Makes 12 servings

Nutrition Information per serving: 81 kcals, 1 g pro, 63 mg sodium, 3 g fat, 14 g carbohydrates
Exchange: 1 starch

Fresh Cranberry and Wild Rice Stuffing

½ cup wild rice, uncooked
1 cup water
¼ cup raisins, dark or golden
5 scallions
1 tablespoon canola oil
½ cup celery or fennel bulb chopped
1 cup fresh cranberries
1 tablespoon orange rind-grated
½ teaspoon dried thyme

1. put the wild rice in the saucepan.

2. Add the water and the raisins and cook over medium heat for 1 hr, or until the rice is tender.

3. sauté the onions and celery (or fennel bulb) in the oil until tender

4. Add the cranberries, orange rind, thyme and rice.

5. Serve as a side dish; this stuffing goes great with poultry and pork dishes

Calories: 135,

Sodium: 111 mg

Cholesterol: 1 mg

Fat 2 g

Carbohydrates: 26 g

Exchanges: 2

starches/bread

Pumpkin Pie

1 15 oz packaged premade, unbaked pie crust

1 envelope unflavored gelatin

2 Tablespoons cornstarch

1 teaspoon ground cinnamon

½ teaspoon ground nutmeg

¼ teaspoon ground ginger

1/8 teaspoon salt (pinch)

1 16-oz can pumpkin

1 12-oz can evaporated skim milk

½ cup egg substitute

16 packets Equal or 5 teaspoons Equal Measure

1. Bake pie crust according to package directions
2. In a large saucepan combine gelatin, cornstarch, cinnamon, nutmeg, ginger and salt. Stir in pumpkin and evaporated skim milk. Let stand for 5 minutes to soften the gelatin
3. Cook and stir over medium heat until mixture bubbles; cook and stir for 2 minutes more. Remove from heat
4. Gradually stir 1 cup hot mixture into egg substitute; return all egg mixture to saucepan. Cook and stir over low heat for 2 minutes. DO NOT BOIL.
5. Remove from heat. Stir in Equal. Pour into baked pie crust. Cover and chill for 6 hours or overnight. Makes 8 servings

Calories: 237, Protein: 8 g, Carbohydrates: 28 g, Fat: 10 g
Cholesterol: 55 mg, sodium: 175mg, Exchange: ½ milk, 1.5 starch

Pumpkin Cheesecake (serves 16)

1/3 cup graham cracker crumbs
1 can (16 oz) solid pack pumpkin
2 cups low-fat ricotta cheese
3/4 cup sugar
3 tbsp all-purpose flour
1 tbsp dry-milk powder
1 tbsp ground cinnamon
1 tsp ground allspice
1 egg white
3/4 cup canned evaporate skim milk
1 tbsp vegetable oil
1 tbsp vanilla

1. Preheat oven to 400°F. Spray 9" springform pan with nonstick cooking spray. Add graham cracker crumbs; shake to coat pan evenly
2. Combine pumpkin and ricotta cheese in food processor or blender, process until smooth. Add sugar, flour, milk powder, cinnamon, allspice, eggwhite, evaporated skim milk, oil, and vanilla; process until smooth.
3. Pour mixtur into prepared pan. Bake 15 minutes. Reduce oven temperature to 275°F; bake 1 hour and 15 minutes. Turn off oven; leave cheesecake in oven with door closed for 1 hr. Remove from oven; cool completely on wire rack. Remove springform pan side. Cover cheesecake with plastic wrap; refrigerate at least 4 hours or up to 2 days.

Calories: 121, protein: 4 g , Sodium: 56 mg,

**Cholesterol: 4 mg, Carbs: 20 g, Exchanges: 1.5 starch/bread;
½ fat**